

## 2020 CLINICAL PRACTICE GUIDELINES

Arkansas Superior Select, Inc. adopts Clinical Practice Guidelines for the purpose of improving health care and reducing unnecessary variations in care.

The guidelines are evidence-based, sourced from recognized organizations, approved by the ASSI Quality Improvement Committee, disseminated to ASSI healthcare providers, reviewed annually, and updated as needed.

The Clinical Practice Guidelines in this document are considered essential to healthcare for the member population we serve.

<b>Advance Care Planning</b>	<a href="http://www.caringinfo.org/files/public/ad/Arkansas.pdf">www.caringinfo.org/files/public/ad/Arkansas.pdf</a>
<b>Asthma</b>	<a href="https://www.nlm.nih.gov/files/docs/guidelines/asthma_qrg.pdf">https://www.nlm.nih.gov/files/docs/guidelines/asthma_qrg.pdf</a> OR <a href="https://www.aafp.org/afp/2011/0701/p40.pdf">https://www.aafp.org/afp/2011/0701/p40.pdf</a> OR <a href="https://ginasthma.org/2018-pocket-guide-for-asthma-management-and-prevention/">https://ginasthma.org/2018-pocket-guide-for-asthma-management-and-prevention/</a>
<b>Breast Cancer Screening</b>	<a href="https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/breast-cancer-screening1?ds=1&amp;s=breast-cancer-screening">https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/breast-cancer-screening1?ds=1&amp;s=breast-cancer-screening</a>
<b>Cholesterol Management for Adults</b>	<a href="https://www.ahajournals.org/doi/pdf/10.1161/01.cir.0000437738.63853.7a">https://www.ahajournals.org/doi/pdf/10.1161/01.cir.0000437738.63853.7a</a> OR <a href="https://www.aafp.org/afp/2014/0815/p260.html">https://www.aafp.org/afp/2014/0815/p260.html</a>
<b>Chronic Kidney Disease</b>	<a href="https://kdigo.org/clinical_practice_guidelines/pdf/CKD/KDIGO_2012_CKD_GL.pdf">https://kdigo.org/clinical_practice_guidelines/pdf/CKD/KDIGO_2012_CKD_GL.pdf</a> OR <a href="http://annals.org/aim/fullarticle/1757302/screening-monitoring-treatment-stage-1-3-chronic-kidney-disease-clinical">http://annals.org/aim/fullarticle/1757302/screening-monitoring-treatment-stage-1-3-chronic-kidney-disease-clinical</a>
<b>Chronic Obstructive Pulmonary Disease (COPD)</b>	<a href="https://goldcopd.org/gold-2017-global-strategy-diagnosis-management-prevention-copd/">https://goldcopd.org/gold-2017-global-strategy-diagnosis-management-prevention-copd/</a> OR <a href="http://annals.org/aim/fullarticle/479627/diagnosis-management-stable-chronic-obstructive-pulmonary-disease-clinical-practice-guideline">http://annals.org/aim/fullarticle/479627/diagnosis-management-stable-chronic-obstructive-pulmonary-disease-clinical-practice-guideline</a>
<b>Colorectal Cancer Screening</b>	<a href="http://annals.org/aim/fullarticle/1090701/screening-colorectal-cancer-guidance-statement-from-american-college-physicians">http://annals.org/aim/fullarticle/1090701/screening-colorectal-cancer-guidance-statement-from-american-college-physicians</a> OR <a href="https://www.aafp.org/afp/2018/0515/p658.html">https://www.aafp.org/afp/2018/0515/p658.html</a>

<b>Community Acquired Pneumonia</b>	<a href="https://www.aafp.org/afp/2016/1101/p698.html">https://www.aafp.org/afp/2016/1101/p698.html</a> OR <a href="https://www.aafp.org/afp/2015/1001/p612.html">https://www.aafp.org/afp/2015/1001/p612.html</a> OR <a href="https://www.aafp.org/afp/2011/0601/p1299.pdf">https://www.aafp.org/afp/2011/0601/p1299.pdf</a> OR <a href="http://www.thoracic.org/statements/resources/mtpi/idsaats-cap.pdf">http://www.thoracic.org/statements/resources/mtpi/idsaats-cap.pdf</a>
<b>Congestive Heart Failure</b>	<a href="http://annals.org/aim/article-abstract/2670321/2017-american-college-cardiology-american-heart-association-hypertension-guideline-resource">http://annals.org/aim/article-abstract/2670321/2017-american-college-cardiology-american-heart-association-hypertension-guideline-resource</a> OR <a href="http://www.onlinejacc.org/content/70/6/776">http://www.onlinejacc.org/content/70/6/776</a>
<b>Dementia / Alzheimer's</b>	<a href="http://annals.org/aim/fullarticle/739913/current-pharmacologic-treatment-dementia-clinical-practice-guideline-from-american-college">http://annals.org/aim/fullarticle/739913/current-pharmacologic-treatment-dementia-clinical-practice-guideline-from-american-college</a> OR <a href="https://focus.psychiatryonline.org/doi/abs/10.1176/appi.focus.15106?journalCode=foc">https://focus.psychiatryonline.org/doi/abs/10.1176/appi.focus.15106?journalCode=foc</a> OR <a href="https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890426807">https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890426807</a> OR <a href="http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimers.pdf">http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimers.pdf</a>
<b>Depression</b>	<a href="http://annals.org/aim/fullarticle/2490527/nonpharmacologic-versus-pharmacologic-treatment-adult-patients-major-depressive-disorder-clinical">http://annals.org/aim/fullarticle/2490527/nonpharmacologic-versus-pharmacologic-treatment-adult-patients-major-depressive-disorder-clinical</a> OR <a href="http://annals.org/aim/fullarticle/743690/using-second-generation-antidepressants-treat-depressive-disorders-clinical-practice-guideline">http://annals.org/aim/fullarticle/743690/using-second-generation-antidepressants-treat-depressive-disorders-clinical-practice-guideline</a> OR <a href="https://www.thecommunityguide.org/findings/mental-health-and-mental-illness-interventions-reduce-depression-among-older-adults-clinic">https://www.thecommunityguide.org/findings/mental-health-and-mental-illness-interventions-reduce-depression-among-older-adults-clinic</a> OR <a href="https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/depression-in-adults-screening1">https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/depression-in-adults-screening1</a> OR <a href="http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf">http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf</a>
<b>Diabetes</b>	<a href="http://annals.org/aim/fullarticle/2659342/synopsis-2017-u-s-department-veterans-affairs-u-s-department">http://annals.org/aim/fullarticle/2659342/synopsis-2017-u-s-department-veterans-affairs-u-s-department</a> OR <a href="http://annals.org/aim/fullarticle/2595888/oral-pharmacologic-treatment-type-2-diabetes-mellitus-clinical-practice-guideline">http://annals.org/aim/fullarticle/2595888/oral-pharmacologic-treatment-type-2-diabetes-mellitus-clinical-practice-guideline</a> OR <a href="http://annals.org/aim/fullarticle/2674121/hemoglobin-1c-targets-glycemic-control-pharmacologic-therapy-nonpregnant-adults-type">http://annals.org/aim/fullarticle/2674121/hemoglobin-1c-targets-glycemic-control-pharmacologic-therapy-nonpregnant-adults-type</a> OR <a href="http://care.diabetesjournals.org/content/40/Supplement_1">http://care.diabetesjournals.org/content/40/Supplement_1</a> OR <a href="https://professional.diabetes.org/content-page/standards-medical-care-diabetes">https://professional.diabetes.org/content-page/standards-medical-care-diabetes</a>
<b>Falls Prevention</b>	<a href="https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/falls-prevention-in-older-adults-interventions1">https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/falls-prevention-in-older-adults-interventions1</a>
<b>Glaucoma</b>	<a href="http://annals.org/aim/fullarticle/1742588/screening-glaucoma-u-s-preventive-services-task-force-recommendation-statement">http://annals.org/aim/fullarticle/1742588/screening-glaucoma-u-s-preventive-services-task-force-recommendation-statement</a>

<b>Hypertension</b>	<a href="http://annals.org/aim/fullarticle/2598413/pharmacologic-treatment-hypertension-adults-aged-60-years-older-higher-versus">http://annals.org/aim/fullarticle/2598413/pharmacologic-treatment-hypertension-adults-aged-60-years-older-higher-versus</a> OR <a href="http://www.onlinejacc.org/content/early/2017/11/04/j.jacc.2017.11.006">http://www.onlinejacc.org/content/early/2017/11/04/j.jacc.2017.11.006</a>
<b>Immunizations</b>	<a href="https://www.cdc.gov/vaccines/schedules/hcp/adult.html">https://www.cdc.gov/vaccines/schedules/hcp/adult.html</a> OR <a href="https://www.aafp.org/patient-care/public-health/immunizations/schedules/adult-schedule.html">https://www.aafp.org/patient-care/public-health/immunizations/schedules/adult-schedule.html</a>
<b>Low Back Pain</b>	<a href="http://annals.org/aim/fullarticle/736814/diagnosis-treatment-low-back-pain-joint-clinical-practice-guideline-from?issueno=7&amp;atab=10">http://annals.org/aim/fullarticle/736814/diagnosis-treatment-low-back-pain-joint-clinical-practice-guideline-from?issueno=7&amp;atab=10</a> OR <a href="http://annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice">http://annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice</a>
<b>Obesity</b>	<a href="https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/obesity-in-adults-screening-and-management">https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/obesity-in-adults-screening-and-management</a> OR <a href="https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryDraft/obesity-in-adults-interventions1">https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryDraft/obesity-in-adults-interventions1</a> OR <a href="http://annals.org/aim/fullarticle/718309/pharmacologic-surgical-management-obesity-primary-care-clinical-practice-guideline-from">http://annals.org/aim/fullarticle/718309/pharmacologic-surgical-management-obesity-primary-care-clinical-practice-guideline-from</a> OR <a href="https://www.ahajournals.org/doi/abs/10.1161/01.cir.0000437739.71477.ee">https://www.ahajournals.org/doi/abs/10.1161/01.cir.0000437739.71477.ee</a>
<b>Osteoporosis</b>	<a href="http://annals.org/aim/fullarticle/742828/pharmacologic-treatment-low-bone-density-osteoporosis-prevent-fractures-clinical-practice">http://annals.org/aim/fullarticle/742828/pharmacologic-treatment-low-bone-density-osteoporosis-prevent-fractures-clinical-practice</a> OR <a href="https://my.nof.org/file/bonesource/Clinicians-Guide.pdf">https://my.nof.org/file/bonesource/Clinicians-Guide.pdf</a>
<b>Palliative Care Guidelines</b>	<a href="http://annals.org/aim/fullarticle/738967/evidence-based-interventions-improve-palliative-care-pain-dyspnea-depression-end">http://annals.org/aim/fullarticle/738967/evidence-based-interventions-improve-palliative-care-pain-dyspnea-depression-end</a> OR <a href="http://www.nationalcoalitionhpc.org/ncp-guidelines-2013/">http://www.nationalcoalitionhpc.org/ncp-guidelines-2013/</a>
<b>Peripheral Vascular Disease</b>	<a href="http://www.onlinejacc.org/content/58/19/2020">http://www.onlinejacc.org/content/58/19/2020</a> OR <a href="https://www.ahajournals.org/doi/pdf/10.1161/CIR.0b013e318276fbc">https://www.ahajournals.org/doi/pdf/10.1161/CIR.0b013e318276fbc</a> OR <a href="http://annals.org/aim/fullarticle/1733279/screening-peripheral-artery-disease-cardiovascular-disease-risk-assessment-ankle-brachial">http://annals.org/aim/fullarticle/1733279/screening-peripheral-artery-disease-cardiovascular-disease-risk-assessment-ankle-brachial</a>
<b>Schizophrenia</b>	<a href="http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/schizophrenia.pdf">http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/schizophrenia.pdf</a>
<b>Smoking and Tobacco Cessation</b>	<a href="https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions?ds=1&amp;s=Smoking%20Cessation">https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions?ds=1&amp;s=Smoking%20Cessation</a> OR <a href="http://annals.org/aim/fullarticle/2443060/behavioral-pharmacotherapy-interventions-tobacco-smoking-cessation-adults-including-pregnant-women">http://annals.org/aim/fullarticle/2443060/behavioral-pharmacotherapy-interventions-tobacco-smoking-cessation-adults-including-pregnant-women</a>
<b>Stroke</b>	<a href="http://annals.org/aim/fullarticle/1881123/stroke-prevention-women-synopsis-2014-american-heart-association-american-stroke">http://annals.org/aim/fullarticle/1881123/stroke-prevention-women-synopsis-2014-american-heart-association-american-stroke</a> OR <a href="https://www.ahajournals.org/doi/abs/10.1161/STR.0000000000000158">https://www.ahajournals.org/doi/abs/10.1161/STR.0000000000000158</a>
<b>Urinary Incontinence</b>	<a href="http://annals.org/aim/fullarticle/1905131/nonsurgical-management-urinary-incontinence-women-clinical-practice-guideline-from-american">http://annals.org/aim/fullarticle/1905131/nonsurgical-management-urinary-incontinence-women-clinical-practice-guideline-from-american</a>

**Tuberculosis**<https://www.cdc.gov/tb/>

OR

<https://www.cdc.gov/tb/education/corecurr/index.htm>

The Clinical Practice Guidelines were approved by the QIC and adopted on August 23, 2018.